

ABCs of Wound Care for the Primary Care Provider

Dorothy Martinez, FNP-C

Disclosures

- No affiliation or financial interest with any product or manufacturer discussed or represented in this presentation.

Types of Wounds

- Traumatic
- Burns
- Insect bites & stings
- Arterial ulcers
- Venous ulcers
- Diabetic ulcers



Types of Wounds (cont.)

- Pressure ulcers
- Atypical
- Malignant
- Factitious ulcers
- Some or all of the above



Acute vs. Chronic Wounds

Acute

- Heals in an orderly and timely fashion
- Long-term follow up not required
- Clear mechanism of injury – trauma, surgery
- Expect to complete healing process within 4 weeks from date of injury

Chronic

- Does not heal within orderly or timely fashion
- Commonly “stall” during the healing process due to pathologic condition
 - May have definite mechanism of injury with underlying disease
- Do not heal within 4 weeks from date of injury

Factors which Negatively Impact Wound Healing

- Chronic Medical Conditions/Systemic disease
- History of Surgical Procedure
- Nutrition
- Medication
- Other considerations



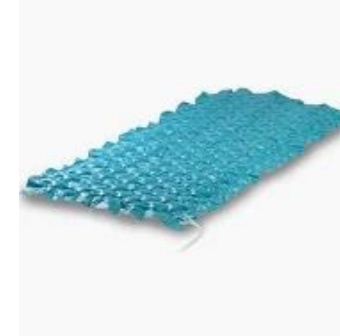
Ability to Heal

- Most patients who are not compromised will be able to heal an acute wound in days to weeks
- For compromised patients, healing may take anywhere from months to years

What the Primary Care Provider Can Do

Basic Principles of Wound Management

- Protect ulcer from trauma, infection
- Reduce/eliminate the cause
- Systemic Support
- Appropriate topical therapy
- Referral to wound clinic



Wound Clinic Basics

- Provide advanced wound care to patients with non-healing wounds > 30 days in duration
- Patients are primarily referred to clinic by physicians with a small percentage of patients being self-referral
- Clinics are staffed with multidisciplinary teams

Wound Clinic Services

- Early identification and intervention is key to optimal outcome
- Focused physical examination at first visit
- Discuss findings
- Develop treatment plan



Wound Clinic Services - Management

- Weekly clinic appointments
- Evaluation of standard laboratory values
- Wound cultures and biopsies
- Patient education
- Referral to specialty providers



Summary: Optimizing Care

- Quality of life is greatly affected for the patient with a chronic ulceration.
- With a primary goal of preserving overall health and limb function, we need the following:
 - Multidisciplinary coordination and collaboration
 - Professional education

References

- Krasner, D. L. (Ed.). (2014). *Chronic wound care: The essentials: A clinical source book for healthcare professionals*. HMP Communications
- Vlahovic, T. C., & Schleicher, S. M. (2012). *Skin disease of the lower extremities: A photographic guide*. HMP Communications
- Wound, Ostomy, and Continence Nurses Society. (2022). Wound, Ostomy, and Continence Nurses Society (WOCN) core curriculum. Wound management (2nd ed.). Wolters Kluwer

